



SHE AND HIM AT IT AGAIN

ZOOEY DESCHANEL
AND M. WARD TEAM
UP ONCE MORE, THIS
TIME FOR A COVER
ALBUM **PAGE 16**

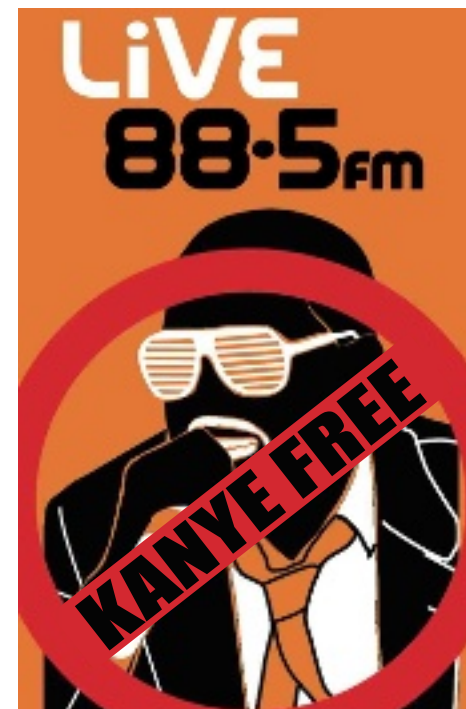


Elliott Youden released

Ottawa gay rights activist
released after pleading guilty
to extortion; sexual assault
charge withdrawn **PAGE 3**

Canada's homicide rate lowest since 1966: StatsCan

Eight per cent drop in 2013 **PAGE 10**



Angelique Francis sings O Canada during Monday night's city council swearing in at Centrepointhe Theatre, with councillors watching in the background. TREVOR GREENWAY/METRO

Ottawa's new city council sworn in

Inauguration. Fifteen
councillors return, eight
new faces join the table



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Ottawa welcomed its new council with an inauguration ceremony at Centrepointhe Theatre Monday.

The new table looks familiar, with 15 councillors returning to their respective

posts, but there are new faces too, as eight new leaders emerged out of the Oct. 27 municipal election.

Joining the team are councillors Catherine McKenney (Somerset), Jody Mitic (Innes), Tobi Nussbaum (Rideau-Rockliffe), Jeff Leiper (Kitchissippi), Riley Brockington (River), Jean Cloutier (Alta Vista), George Darouze (Osgoode) and Michael Qaish (Gloucester-South Nepean.)

Ottawa Mayor Jim Watson told Metro he isn't worried about anyone derailing Phase

2 of his light rail transit (LRT) plan, as most councillors remember the frustration when mayor Larry O'Brien cancelled the O-Train expansion, costing taxpayers \$36 million.

"Everyone that ran in the last election was supportive of light rail and wanted to see Lansdowne go through and wants to clean up the Ottawa River, so we are operating from a base where everyone wants to see these items progress in a thoughtful fashion," said Watson, just before Monday's inauguration ceremony.

Four years ago, it was a term of dreams for Watson with big ideas like the LRT project, Lansdowne and the Ottawa Arts Court redevelopment. Now, the mayor is excited to see those dreams come to fruition over the next four years.

How the new council will roll out has yet to be seen, as committees won't be selected until Dec. 10.

Last term's transit chief Diane Deans was tight-lipped about where she wants to end up, but it seems taking on the

challenging transit portfolio will take some convincing.

Her tenure on the last council saw a tragic bus accident that killed six, the nightmarish rollout of Presto, route optimization and myriad complaints about driver and passenger behaviour.

When asked whether she wanted to remain as transit chair, she chuckled and only said, "Umm ..."

"I am not going to tell right now. I have had a chat with the mayor about where I make the most sense."

CITY MATTERS

Chew on this

More than half the respondents to Metro's City Matters survey said Ottawa needs more food trucks **PAGE 4**

Life as a New Delhi rag picker

Poverty drives families to pick through landfill — a high-risk, low-pay job **PAGE 13**

Social media can take a toll on emotional wellness

Therapists see connection between social networking and self-judgment **PAGE 18**

Put an end to dry chicken

One-step marinade that's simple and delicious **PAGE 20**



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Sears

Mental health

The Royal says it's 'disappointed' by nurse's comments

The head of the Royal Ottawa Mental Health Care Group is unhappy that a local nurse with the Ontario Nurses' Association criticized his organization in an article about a recent Ontario Labour Relations Board decision.

On Sunday, Metro reported the board issued an interim order for the Brockville Mental Health Care Centre to add security guards to the forensic psychiatric unit after a patient being treated there stabbed a nurse in the head and neck with a pen on Oct. 10, hospitalizing her.

The hospital must now have guards on site until the labour board makes its final decision.

In a statement to Metro on Monday, George Weber, president and CEO of the Royal, said the hospital will respect the interim order, but said he was "disappointed by the remarks" made by the nurse criticizing the hospital's opposition to having guards.

In his statement, Weber said, "The Royal is committed to maintaining a healthy work environment for our staff and providing the right therapeutic milieu for our patients. At the Royal, we have instituted continuous quality and security improvements to promote safety for staff while respecting the rights and dignity of our patients ... Fostering recovery requires a therapeutic milieu, not a correctional setting."

JOE LOFARO/METRO

Activist Youden released from custody

A well-known Ottawa gay rights activist was released from custody after a Crown prosecutor withdrew a sexual assault charge last week.

In September, Ottawa police charged Elliott Youden, 33, with aggravated sexual assault and extortion following a complaint from a 16-year-old boy in relation to an incident on Sept. 27 in Lowertown. Police opened an investigation after they alleged the accused did not dis-

close his HIV-positive status to a sexual partner.

Court records show Youden pleaded guilty Nov. 24 to one count of extortion and assistant Crown attorney Hart Shouldice withdrew the aggravated sexual assault charge.

The court credited Youden for time served in jail and released him on probation for two years. His release conditions require him to provide a sample of his DNA, to not pos-

sess any weapons for 10 years, to keep the peace and to not have any communication with the complainant or his family.

This was not the first time Youden has been accused of not disclosing his HIV status.

In a separate case, an Ottawa judge found Youden not guilty in June of aggravated sexual assault after a then-25-year-old university student filed a complaint to police.

JOE LOFARO/METRO



Elliott Youden JOE LOFARO/METRO

Movie offers Corner Gas fans the 'cherry on top'



Corner Gas creator and star Brent Butt mugs for the camera on the red carpet at the Canadian Museum of History ahead of a screening of Corner Gas: The Movie. LUCY SCHOLEY/METRO

Return to Dog River. Creator and star Brent Butt says film version of hit Canadian TV series will resonate with fans



LUCY SCHOLEY
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Corner Gas: The Movie brings Brent, Lacey, Hank, Emma and Oscar together again in Dog River, where the town "40 kilometres from nowhere" faces a city management crisis that forces residents to pack up and leave. The 90-minute film premiered at the Museum of History in one of its screenings across the country this week.

Creator, writer and star Brent Butt said he planned a Corner Gas film as a "cherry on top" of the series after it ended in 2009. It was not hard convincing the cast of Gabrielle Miller, Fred Ewanuick, Eric Peterson and Janet Wright, among others, to return for the film.

"We were all laughing because we hadn't worked together in six years. We got together and it felt like about three weeks. Everybody just kind of fell back into it," said Butt.

There was a fine line between writing for film and writing for the TV series, he said, but he thinks the end product will resonate with fans.

"There were times when I would feel like, OK, we're making it good and cinematic, but we're forgetting what Corner Gas was all about and then we would go back to the drawing board," he said. "Then we would say, OK, well it's feeling good and Corner Gassy, but it just feels like an episode."

Will there be a sequel? No, said Butt, this is it.

"I think we need to let Corner Gas be what it was," he said.

Corner Gas: The Movie will air on CTV, CTV Two and CTV GO Dec. 17 at 8 p.m. Then it will air at the same time on Dec. 22 on the Comedy Network.

11 NEWS



moto x

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Ottawa wants a second helping of food trucks

Residents happy with the choices they have in the restaurant scene, but want more food trucks: City Matters Survey

TREVOR GREENWAY
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Ottawa likes food and food seems to like Ottawa.

A new City Matters survey conducted for Metro by MQO Research suggests Ottawa is on its way to becoming a culinary cranny on par with places such as Montreal and Toronto.

More than 83 per cent of respondents said they either agree or strongly agree that Ottawa has a wide range of restaurants and cafés. It's no surprise to Ottawa food writer Anne DesBrisay, who says the nation's capital menu offers a little something for everybody: The civil servant by day/foodie by night, the business lunchers, the quick-work-break runners and the family.

"We have restaurants for the big 10-year wedding anniversary, special occasion-type places and we have a good number of mid-priced range and we have enough that is affordable in the \$10 lunch spots," Des-

CITY MATTERS

→ This is the first in a five-part series in which we hear what you, the people of Ottawa, have to say on city issues.
→ On Wednesday, we look at how you view transit service in the city and your daily commute.
→ Tweet your views with the hashtag #citymattersOttawa.
→ More online at metronews.ca.

Brisay told Metro Monday.

"We have French restaurants, Italian restaurants, Asian restaurants, Malaysian restaurants, south Indian, north Indian, Thai. There is lots of choice there in terms of the style of cuisine."

The one thing Ottawa lacks, according to DesBrisay, is the type of high-end Asian restaurants that pop up in places like Montreal, Vancouver or Toronto. There are lots of late-night Chinese spots or express Thai food places, she said, but no high-end Asian restaurant for special occasions.

But one thing the city is leading the charge in is food trucks. Ottawa had more than 100 food trucks on the streets last summer — but, according to the City Matters survey, that's not enough.

Of the 600 people polled, 65 per cent said they want to see more food trucks on Ottawa streets — another stat that isn't surprising to DesBrisay, especially since the recent food-truck craze has upped the game for mobile food.

"It used to be in Ottawa that the food trucks were really pathetic. You would get a Beaver-Tail, a sausage or a hotdog or a poutine, but that was sort of it," said DesBrisay. "Everything is huge now, so to have that ma-and-pop-diner feel again, people are looking for that and I think food trucks fulfil that."

The survey also asked respondents if they felt that restaurant kitchens should be opened up to the public to see how meals are prepared. Ottawa seems to be split on that idea, with 41 per cent saying yes and 44 per cent saying no.

Food thoughts

84% of Ottawa residents polled think the city has a wide range of restaurants and cafés. Eleven per cent are ambivalent and only five per cent disagree.

41% of respondents think restaurant patrons should be allowed into kitchens to observe how their food is prepared. Forty-four per cent disagree and 15 per cent said they don't know.

47% More men want the right to see what goes on than women. Forty-seven per cent of men said patrons should get to see, versus 40 per cent of men who say they shouldn't. The opposite is true for women, with 35 per cent wanting to see what happens in the kitchen and 47 per cent saying they don't.

53% of 18- to 34-year-olds want to be allowed to see what happens in the kitchen. Those 55 and older are the least likely to want to inspect the kitchen with only 28 per cent saying yes.

Chewing over mobile eats



FILE PHOTO COURTESY MARC DESROSIER

By education level

67%

of high school-educated people and 68 per cent of college- and university-educated people want more food trucks, but people with post-grad degrees are more lukewarm, with only 58 per cent saying the city should have more.

Keep on truckin'

65%

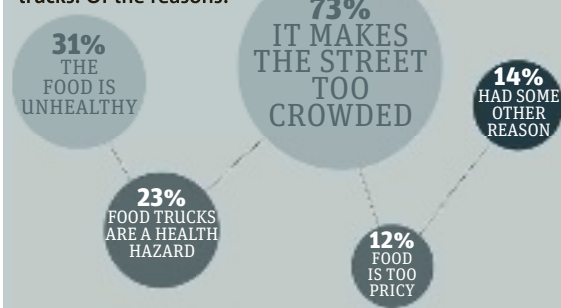
of those surveyed are in favour of having more food trucks, with 66 per cent of women and 63 per cent of men in favour of more mobile street food options.



JUSTIN SULLIVAN/GETTY IMAGES

Food truck foes

Twenty-two per cent said they are opposed to more food trucks. Of the reasons:





Ontario Attorney General Madeleine Meilleur, seen in this Oct. 15 photo, said her government's proposed anti-SLAPP law will help courts address strategic lawsuits. COLIN PERKEL/THE CANADIAN PRESS FILE

Ontario aims to crack down on SLAPP suits

Strategic litigation against public participation. Grits say the bill would minimize the time and resources wasted in courts

Ontario's Liberal government is taking steps it says will protect freedom of expression by cracking down on lawsuits known as SLAPP — strategic litigation against public participation.

The government says individuals or companies use the threat of long and expensive lawsuits to intimidate opponents and discourage others from speaking out.

The legislation would give

Ontario courts a new fast-track process for identifying and dealing with strategic lawsuits, and any requests to dismiss a case must be heard by the courts within 60 days.

The Liberals say the bill would minimize the time and resources wasted by plaintiffs, defendants and the courts on meritless claims, but allow legitimate complaints to proceed.

"Using a strategic lawsuit to silence an opponent is not only an unfair way to win an argument, but an undemocratic restriction on freedom of expression," said Ontario Attorney General Madeleine Meilleur in a news release.

"Our government is standing up for the values that Ontarians cherish most by helping our courts identify and address strategic lawsuits,

while ensuring those with legitimate claims to defamation are heard."

Environmental groups applauded the anti-SLAPP legislation, saying it will protect Ontarians from the chilling impact that such lawsuits have on people who raise concerns on issues of public importance.

"SLAPPs are meritless lawsuits which are intended to prevent individuals from engaging in public debate in matters of public interest by burdening them with substantial legal costs, thereby forcing them to abandon their opposition and silencing criticism," said Theresa McClenaghan of the Canadian Environmental Law Association.

"Anti-SLAPP legislation will strengthen the democratic process." **THE CANADIAN PRESS**

Ventilation issue behind CO poisoning, official says

More than a dozen hockey players were hospitalized Sunday after a case of carbon monoxide poisoning at a west Ottawa arena.

The Queensway Carleton Hospital treated 16 patients in their late teens or early 20s for stomach problems. All of them have been discharged from the hospital since Sunday evening, said hospital spokesperson Judy Brown.

Ottawa Fire Services public information officer Marc Messier said firefighters responded to the Complete

Hockey Development Centre on Iber Road in Stittsville at 2 a.m. Sunday.

Messier said he suspects the ventilation system was either malfunctioning or not turned on while arena staff used ice cleaning equipment.

Firefighters weren't able to confirm this because by the time they arrived, the building was ventilated and a CO level could not be recorded.

On Sunday, the fire department received confirmation that blood work from some of the hospitalized

players came back positive for carbon monoxide.

Carbon monoxide, or CO, is known as the "silent killer" because it is an odourless gas that in large quantities can cause serious injury or, in some cases, death.

"As to why it happened or how it happened, you'd have to talk to the arena staff for that," said Messier.

An employee at the Complete Hockey Development Centre declined to provide a comment when contacted by Metro on Monday.

JOE LOFARO/METRO

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Francophone film tour connects communities to Quebec cinema

Screening. Tournée du cinéma québécois hits Ottawa area this week

For francophones living outside Quebec, a French-language movie night in the theatres may be a rare treat.

So a special cross-country cinema tour offers francophones and francophiles a special red-carpet screening of a Quebec-made film. The tour is in the Ottawa area this week.

The Tournée du cinéma québécois has picked *Ceci n'est pas un polar* — which loosely translates to “this is not a whodunit” — for its special screening this year. Directed by Patrick Gagé and starring Roy Dupuis and Christine Beaulieu, the film portrays a disgruntled taxi driver who picks up a woman and goes up to her room for coffee — and more. He later comes



François Lemieux, the director of the Tournée du cinéma québécois. CONTRIBUTED

to believe she's been involved in a violent assault.

It's not a movie for young

francophone filmgoers, but there are special activities for students during the four-day

Tournée du cinéma québécois' stop in Gatineau, Orléans and Ottawa.

This year the festival offers students a special workshop on Scottish-born Canadian anima-

tor Norman McLaren and a film comparison exercise of *Ne pas reculer* by Dominique Laurence and *Ici par ici* by Diane Obomsawin.

François Lemieux, the director of Tournée du cinéma québécois, said the festival's purpose is to bring “fresh content of Quebec films in all French communities.”

“We all know that for francophones outside of Quebec, it's not always easy to have service or activities in their language,” he said. “(The Tournée is) really to connect with all of our friends outside of Quebec.”

The screening of *Ceci n'est pas un polar* kicked off on Monday in Orléans. The Tournée du cinéma québécois continues at schools in Polyvalente Nicolas-Gatineau, École secondaire catholique l'Escale, Collège Nouvelles-Frontières and École secondaire catholique Franco-Cité until Dec. 4.

LUCY SCHOLEY/METRO

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Cardiff's telling tales at Black Sheep Inn

Juno-nominated.

Folk singer connects with fans with his 'Book of Truths'



LUCY SCHOLEY
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At one of his concerts a few years ago, Craig Cardiff accidentally collected a notebook full of stories from his fans.

The Juno-nominated folk singer handed a book to a couple and asked them to write down a story they had just told him — how they connected on their first date, years earlier, at one of his shows.

The couple misheard Cardiff's request and passed the book around the room.

By the end of the show, the singer had collected several tales of hardship and

other tales of happiness.

He kept on passing around the "Book of Truths" on tours and has collected more than 200 stories, and counting.

His latest album, *Love is Louder (Than All This Noise)*, is his way of writing back.

"I just don't know what to do with them other than to share them back with people as a reflection," said the 38-year-old, who is playing two back-to-back shows of songs from his 2013 album at the Black Sheep Inn this weekend.

"Because they're anonymous, you read some of this and it just feels so hard. It's like a good friend telling you everything and you're sitting there floored. Floored. Pieces of the songs were ways of writing back."

So it's not surprising when Cardiff says he does not have a favourite venue, he has favourite stories from fans.

It's not surprising when the singer says he prefers to

Where and when

Cardiff will play at the Black Sheep Inn on Dec. 6 at 8:30 p.m. and Dec. 7 at 4 p.m. Tickets are \$20 in advance.

connect on a more personal level with his fans rather than the "cardboard castle-building" of making a video, seeking the right press and finding the right people to land you shows.

An independent musician with a studio in his old farmhouse in Arnprior, Cardiff is known to build his fan base on a more grassroots level. Living rooms, theatres and prisons have been his stages.

"I don't care if it's a heavy metal concert or jazz ... or folk — people want to connect and music can turn that room of strangers into a group," he said. "It can make everybody lighten up a little bit."



Juno-nominee Craig Cardiff will be playing at the Black Sheep Inn, Dec. 6 and 7. CONTRIBUTED



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Right to housing. Landmark charter challenge quashed

Ontario's Court of Appeal has quashed a landmark charter challenge on the right of homeless Canadians to affordable housing.

But the divided decision by the three-judge panel, released Monday, leaves the door open to an appeal to the Supreme Court of Canada, say lawyers who launched the case in 2010 on behalf of four homeless and precariously housed Torontonians and an affordable housing advocacy group.

Janice Arsenault, a formerly homeless woman named in the case, and other applicants say Ottawa and Queen's Park are violating their charter rights to equality and "security of the person."

As a remedy, they are seeking a court order requiring the provincial and federal governments to develop provincial and national housing strategies.

But in her ruling for the majority, Justice Janice Pardu said their request "takes the court well beyond the limits of its institutional capacity."

The Superior Court justice who ruled in Sept. 2013 against the case going before a full hearing "was correct," she added.

Justice Kathryn Feldman Katherine, however, said the case raises important charter questions that "should be put before the court."

TORSTAR NEWS SERVICE

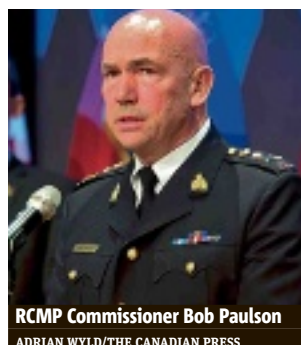
Shooting. Bibeau video may not be released: RCMP

A video made by Michael Zehaf Bibeau before he staged his attack on Parliament Hill in October may not be released to the public after all, RCMP commissioner Bob Paulson said Monday.

The opposition New Democrats and Liberals criticized the top Mountie for withholding information that they said was in the public interest, especially since he has already spoken about it publicly.

But Paulson told a news conference on Monday that investigators still need a chance to complete a full investigation of the video, which police recovered in the wake of the deadly Oct. 22 rampage.

Paulson has said in the past that the video laid out Zehaf Bibeau's reasons for the attack, which took the life of Cpl. Nathan Cirillo as he stood sentry at the National War Memorial. Zehaf Bibeau himself was killed moments later in a gunfight inside the Centre Block



RCMP Commissioner Bob Paulson
ADRIAN WYLD/THE CANADIAN PRESS

building on Parliament Hill.

The commissioner had also indicated he wanted to see the video released publicly, but he now says that won't happen. Some version of its contents, such as a transcript, could be released later, he said.

Paulson earlier told a Senate committee that the video laid out a rationale for the attacks that was rooted in Zehaf Bibeau's religious beliefs and opinion of Canada's foreign policy. THE CANADIAN PRESS



Family feud or political fun?

For voters in the St. Thomas, Ont., area who might be weary of mean, nasty, personal campaigns that are short on substance, next year's federal election might hold a pleasant surprise. Municipal politician Lori Baldwin-Sands, pictured immediate left, has been acclaimed as the Liberal candidate in Elgin-Middlesex-London. Her daughter, financial-sector worker Catharine Sloan, pictured far left, has a shot at the Conservative nomination coming up on Dec. 6. Little chance here of the campaigns going negative, as mother and daughter say they are committed to fighting it out on the issues.

HANDOUT/THE CANADIAN PRESS

Homicide rate drops 8% in 2013: StatsCan

1.44 victims per 100,000 people. Homicide rates lowest since 1966, Statistics Canada says

The country's homicide rate fell last year to 1.44 victims for every 100,000 people, its lowest level since 1966, Statistics Canada reported Monday.

The agency said the 2013 rate was eight per cent lower than in 2012. That follows reports that the overall crime rate also declined in 2013 compared with 2012, falling eight per cent to its lowest level since 1969.

Statistics Canada said last summer that the crime rate was continuing a long-term, downward trend that began in

the early 1990s.

But the drop in murders and a falling crime rate overall haven't deflected the Harper government from its tough-on-crime agenda, and there remain concerns about the cost of fighting crime.

The Fraser Institute reported in September that police costs have soared even as crime falls. And while police cost more, their workload dropped, the report added.

The latest statistics say police reported 505 homicides in 2013, down 38 from the previous year. Statistics Canada attributes the overall decrease in homicides in 2013 to a drop of 40 deaths reported in Quebec after two years of higher-than-average numbers of homicides in the province.

Quebec reported 68 homicides in 2013, representing a rate of 0.83 per 100,000 population, the lowest rate recorded in the province since reporting began in 1961.

Six provinces reported modest increases in the number of homicides in 2013, although even with those increases, the homicide rates in nearly every province and territory were below their 10-year averages in 2013. The exceptions were Newfoundland and Labrador and Prince Edward Island, where the 2013 homicide rates were above their previous 10-year average.

Homicide rates continued to be generally highest in the West and the North. Provincially, Manitoba reported the highest homicide rate with

3.87 per 100,000 population, followed by Saskatchewan with 2.71, Alberta at 2.04 and British Columbia with 1.66.

Nunavut, with 11.24 per 100,000, and the Northwest Territories, with 4.59, reported homicide rates higher than any province, while there were no homicides in Yukon for the third consecutive year.

Among metropolitan areas, Regina reported the highest homicide rate at 3.84 per 100,000 population, followed by Winnipeg and Thunder Bay.

Homicide rates were below the national average in the two largest metropolitan areas, as Toronto had a rate of 1.34 and Montreal was at 1.08.

Vancouver, at 1.72, was above the national average.

THE CANADIAN PRESS

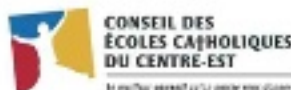
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Grant Zazula, a paleontologist in the Yukon Paleontology Program, takes samples from mastodon fossils to be sent for radiocarbon dating in this undated handout photo. He is the lead author on a study that found the bones were almost 60,000 years older than first believed. YUKON PALEONTOLOGY PROGRAM/HANDOUT/THE CANADIAN PRESS

Scientists revise mastodon theory

Cause of death.

Researchers believe the animals, which roamed the Yukon and Alaska, died due to global cooling

Scientists who re-examined the fossils of mastodons that once roamed what is now the Yukon and Alaska have changed their thinking and now believe global cooling likely wiped out the elephant's ancient cousin.

Earlier estimates dated the mastodon bones at about 14,000 years old, but a paleontologist in the Yukon

Paleontology Program says radiocarbon dating now puts the fossils at about 75,000 years old.

Grant Zazula says that instead of dying off at the end of the ice age as first believed, mastodons are more likely to have migrated to the area during a warming trend.

"We know that mastodons — which are relatives of mammoths and elephants — are not really well-adapted to cold conditions because their behaviour and their preferred habitats are forests. They eat forests-type plants," Zazula said.

Experts have always debated what drove so many of the animals to extinction

around the same time.

One theory is that when humans moved in, they hunted the animals to extinction. Another theory suggests climate change at the end of the ice age wiped out dozens of species.

"We know with warming temperatures today, there are animals migrating northward as well. It provides a really interesting comparison from the fossil record of how these animals respond to global warming."

Zazula was the lead author of a mastodon study published this week in the scientific journal *Proceedings of the National Academy of Sciences*.

THE CANADIAN PRESS

Succeeds Rob Ford

John Tory sworn in as Toronto mayor

The tumultuous era of scandal-plagued Rob Ford came to an end Monday as his successor officially took over as mayor of Toronto.

The first major business of the day for John Tory was a meeting with Premier Kathleen Wynne at the Ontario legislature.

Tory said it was "no accident" he began his mayorship that way because he plans to fulfil a campaign promise to work with other governments. Tory was sworn in at a private ceremony Monday afternoon ahead of his inauguration Tuesday. THE CANADIAN PRESS

Religious leadership. Mom wants tougher rules

Imposing rules on who can call himself or herself a religious leader is essential to combat radicalization in Canada, says the mother of a young man who was caught up in extremist Islam.

Fragile young people too easily fall prey to people who declare themselves holy leaders but who espouse ignorant and potentially violent views, Michelle Walrond told a Senate committee examining terrorism in Canada.

"Eradicating ignorance, which means eradicating influence of foreign-born radicalism, is the only way to ensure safety from extremism," she said.

Walrond told the senators her son became radicalized two decades ago by Muslim leaders financed by foreign sources.

He reportedly stood up at an Ottawa mosque recently and declared that the October shooting of a young Canadian soldier at the National War Memorial was a heroic act.

"I'm totally convinced that if the alternative voice is presented with anything near similar footing, people will naturally be inclined to it," she said, adding people would not act outside their best interests nor Canada's.

THE CANADIAN PRESS

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'Hands up. Don't shoot!'

Ferguson.

Protests on football field, at workplaces and in classrooms

Five NFL players entered the football field with their hands raised. A day later, Americans walked out of work or school showing the same gesture of solidarity with Ferguson protesters, after a grand jury decided not to indict the white officer who shot and killed Michael Brown, an unarmed black 18-year-old.

The pose has come to symbolize a movement, even though witnesses offered conflicting accounts of whether Brown had his hands up in surrender when he was killed by Darren Wilson.

Protests turned violent last week in the St. Louis area after a grand jury decided not to indict Wilson

Monday

President Barack Obama called Monday for \$75 million in federal spending to get 50,000 more police to wear body cameras that record their interactions with civilians.

for shooting Brown during an August confrontation that had inflamed racial tensions across America.

The power of the symbol was evident again Monday. Protesters across the U.S. walked off the job or away from class in support of the Ferguson protesters. Walkouts took place in New York, Chicago, San Francisco and elsewhere.

At the University of Missouri-St. Louis, not far from Ferguson, about 30 students chanted "Hands up. Don't shoot!"

THE ASSOCIATED PRESS



Hong Kong protesters clash with police

In this Monday photo, a protester is arrested by police officers outside government headquarters in Hong Kong as pro-democracy protesters try to surround the headquarters, stepping up their movement for genuine democratic reforms after camping out on the city's streets for more than two months. An electoral pummeling for Taiwan's pro-Beijing ruling party and a new spike in pro-democracy protests in Hong Kong have delivered a reality check to Chinese President Xi Jinping just when he was riding a wave of high-profile diplomacy. VINCENT YU/THE ASSOCIATED PRESS

Nigeria

Extremists attack two state capitals

Suspected Islamic extremists struck in two state capitals in northeastern Nigeria on Monday, with a deadly double bombing at a crowded market and an attack on a police base.

The attacks were the latest in a week of violence linked to Islamic militants that has killed more than 170 people in northern Nigeria.

THE ASSOCIATED PRESS

Four dead

Three shootings in West Virginia

Three separate shootings left four people dead in north-central West Virginia on Monday, and state police said they're seeking one suspect in all the shootings.

State police spokesman Lt. Michael Baylous said two of the shootings happened in the Westover area and the other was in the Cheat Lake area in Monongalia County.

THE ASSOCIATED PRESS

Bill Cosby. Comic cuts ties with Temple University

Bill Cosby resigned Monday as a trustee of Temple University following a string of allegations that accused him of drugging and sexually assaulting women over many years.

The 77-year-old entertainer has been a highly visible cheerleader of his beloved alma mater in Philadelphia and a board member since 1982.

"I have always been proud of my association with Temple University. I have always wanted to do what would be in the best interests of the university and its students. As a result, I have tendered my resignation from the Temple University Board of Trustees," Cosby said in a statement released by the university.

Board chairman Patrick O'Connor, who accepted Cosby's resignation, told The Associated Press that Cosby does not want to be a distraction to the board. THE ASSOCIATED PRESS

Ebola. Liberia, Guinea meet reduction targets

Liberia and Guinea have met a Dec. 1 target for isolating 70 per cent of people infected with Ebola and safely burying 70 per cent of those who die but Sierra Leone has not, the World Health Organization said Monday.

Only last week, the UN health agency said only Guinea was on track to meet the targets for getting the Ebola outbreak under control in the three hardest-hit West African countries.

But at a news conference in Geneva, WHO's Dr. Bruce Aylward said the organization had revised its conclu-

sion based on more analysis of its data. Sierra Leone also probably met the targets in the west of the country, he said, and likely will improve to the 70 per cent target nationwide "in the coming weeks."

Aylward also told reporters that WHO's ambitious plan to stop the deadly Ebola outbreak in West Africa has shown it is possible to quickly reduce the "yawning gap" between disease levels and the capacity to respond.

"You can catch up with Ebola even on this scale," he said. THE ASSOCIATED PRESS

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Mother moved to find a better life, returned home with rags

India. After working in New Delhi six months as a 'rag picker,' abandoned mother moves family back to West Bengal

Six months ago, Marjina stepped off a train in New Delhi with her two children, hoping to find a better life after her husband abandoned them without so much as a goodbye.

She thought leaving her home in West Bengal to find work in the Indian capital would give her children a chance at a better life. But the only job she could find was as a "rag picker" — picking through other people's garbage to find salvageable bits to resell or recycle.

It is filthy, dangerous

work, performed by millions of people across India. Rag picking is effectively the primary recycling system in India. But the work is by no means environmentally friendly, and very far from being secure. While the rag pickers offer invaluable services to the city, they have few rights. Every day, they are exposed to deadly poisons.

Marjina, who goes by only one name, and her children — daughter Murshida, 12, and son Shahid-ul, 7 — spent their days at a landfill in Gazipur, on the outskirts of New Delhi. The next morning they would sit outside their single-room shanty and sort the trash into metal, plastic and paper.

The children counted themselves lucky if they found a discarded toy or plastic jewelry to play with. The family earned just \$26 per month. Rent was \$9.



In this Oct. 17 photo, young waste pickers look for recyclable items at a landfill on the outskirts of New Delhi, India. Rag picking is effectively the primary recycling system in India. While the rag pickers offer invaluable services to the city, they have few rights and are exposed to deadly poisons every day. ALTAF QADRI/THE ASSOCIATED PRESS

The work took a toll on the family's health. Marjina's children were constantly sick. Her daughter contracted dengue fever and had to be hospitalized.

Prime Minister Narendra Modi recently launched a "Clean India" campaign asking people to help keep their surroundings tidy. But there were no benefits announced

for people like Marjina.

After months of poverty, illness and shame, Marjina and her children returned to that train station in New Delhi on Nov. 18, headed

Living conditions

Not wanting to raise her children in New Delhi, Marjina, an Indian mother of two, moved back to her home in West Bengal.

- **Negligible difference.** Despite wanting to avoid raising her children in New Delhi's "trash," daily wage labour in West Bengal would earn her barely enough to survive.

back to an uncertain future in West Bengal.

"I do not want my children to die in this trash," she said.

Whatever awaits the family, Marjina said, it could not be worse than life as a rag picker in New Delhi.

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Canadians expect debt in retirement: Survey

Home equity.

Ten per cent of polled expect to refinance home for retirement

Canadians may dream of retiring debt-free, but research done for Manulife suggests nearly 20 per cent of homeowners expect to lean on the value of their homes to finance life after work.

An online survey conducted for the financial services company found about half of the 2,373 respondents expected to still be in debt when they retire.

Of those polled, 10 per cent planned to borrow against their current homes, while about eight per cent were looking to downsize and use money from the sale of their home as income.

Using home equity as a "fall-back plan" suggests some Canadians are struggling to balance retirement with paying down debt, Manulife Bank CEO Rick

Night of the living debt

The Manulife survey also found that many still struggle with financial literacy. For example, one-quarter of respondents didn't consider mortgages or auto loans to be part of their overall debt. Older respondents were less confident in their retirement goals and about half planned to continue working full-time or part-time to extinguish their debt, the survey said.

Lunny said in an interview.

"If people think they're going to take out second mortgages and larger mortgages when they retire, that's a pretty concerning view and evidence of no financial plan whatsoever," Lunny said.

Manulife's findings come after years of warnings from the Bank of Canada and the federal Finance Department that

many people are still amassing too much debt.

Throw in concerns that Canada's housing market may be overpriced, and the likelihood that interest rates will rise in the coming years, and several additional levels of risk could be introduced into the financial equation.

"Canadians have been lulled into this sense of security because they're paying three per cent or less on their mortgages, but that could change very quickly," Lunny said.

Taking advantage of housing wealth in retirement isn't necessarily a bad decision, suggested Thomas Davidoff, an assistant professor at the Sauder School of Business in Vancouver.

"What I think, arguably, would be crazy is to live a meagre retirement and not have tapped an enormous asset," he said.

"It really depends on how important it is for you to leave wealth to your heirs, and how nervous you are about surprise expenditures." **THE CANADIAN PRESS**



Selling internet cookies

Girl Scouts Bria and Shirell practice selling cookies on one of two new digital platforms. For the first time in nearly 100 years, Girl Scouts of the USA is allowing its young go-getters to push their wares using a mobile app or personalized websites.

THE ASSOCIATED PRESS/GIRL SCOUTS OF THE USA

TFW program

Foreign workers need path to permanence: CFIB

The Canadian Federation of Independent Business is calling on Ottawa to replace its controversial temporary foreign worker program with a visa that would provide a path to permanent residence for entry-level employees from abroad.

THE CANADIAN PRESS

Market Minute

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TSX
14,625.32 (-119.38)

OIL
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VOICES

THE SPECTACLE OF SPORT

Bunnies in bikinis shovelling ice shavings at NHL games, squawking victory dances for getting a ball over a line at the NFL — this is the modern game, folks



PAUL SULLIVAN
readers@metronews.ca

There's a line. And somebody always crosses it.

For me, it's ice girls at NHL games. Nothing more readily demonstrates the low to which pro sports will go than dressing up a bunch of young women in bikinis and sending them out onto the ice on skates with shovels to clean up around the goalie nets during stoppages in play.

I'm not sure who started it, but nearly every team in hockey now exploits its own ice girl squad, presented in varying degrees of absurd, degrading skimpiness. Something about bare skin and ice just says "kinky". Hard to resist.

It's not as if anyone has tried (resisting, that is). Go to any pro sports game, and especially if you don't get around much any more, you'll be amazed. Not in a good way.

It's as if the owners are consumed with anxiety that their sport, at least in its unadorned state, is boring, so they have to extreme-tart it up. Fans can easily pay \$800 for a pair of tickets, so we need to give them their money's worth. Cue the spectacle.

There's not a second of dead air. The moment Phil Kessel ices the puck, the ice girls come flouncing out, shovels at the ready. Meanwhile, some DJ is using an airgun to fire treats



Tim Thomas of the Dallas Stars stretches while an ice girl skates past in this 2013-14 photo. RONALD MARTINEZ/GETTY IMAGES

such as rolled up T-shirts into a rabid crowd screaming "Gimme Dat" so loud it drowns out "Go Team Go". Over at the penalty box, the team mascot is mauling some delighted fan to Pitbull at 120 decibels, while the Jumbotron

features the tonsil hockey tournament up in the nosebleeds.

I'm amazed that nobody seems to mind paying \$800 to be so infernally distracted. Not only do they not mind, fans and players are willing

co-conspirators. Fans are strategically rude to the visiting team, and proud of it. In Seattle, the idea is to make so much noise that the other NFL team can't hear itself call the play, so the players end up violating the rules of procedure in various complicated ways. This boorish behaviour is called "The 12th Man" because NFL teams have 11 players, unlike CFL teams, which have 12 and have to resort to the 13th man.

Football players, all of whom make more money than you or I will ever see in our lifetimes, like to celebrate doing their jobs with all kinds of dances and pantomimes. It's as if I just finished that last sentence and liked the phrase "dances and pantomimes" so much I did the bird dance around the desk while squawking "I am the greatest."

Of course, every square inch of the arena or stadium not required for crowd control or used in the actual game is plastered with advertising. The innovation of electronic signage makes it possible to bombard the senses with hundreds of flashing images of sequential sponsors. You can run (to the concession stand, bwa-ha-ha!) but you can't hide.

About the only throwback to the good old days is when a fight breaks out on the ice.

Say what you will about all these newfangled innovations, but give me the spectacle of 19,000 people screaming as one for blood. Now that's hockey.

Cetaceans in captivity

Last week the Vancouver Park Board narrowly voted against a proposal to ban captive breeding at the city's aquarium. Metro's Kristen Thompson talks to a cetaceans' rights activist and an aquarium biologist to get their opposing views

BREEDING PROGRAMS NO EXCUSE NOT TO FREE WILLY

Jeremy Larivee runs an animal rights group called Ocean Voice in London, Ont., with a focus on the plight of whales and dolphins.

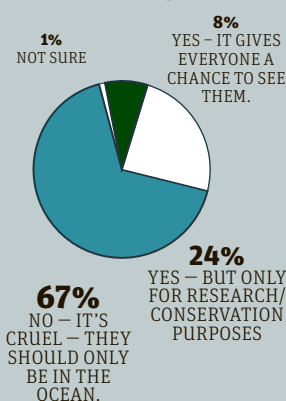
What oppositions do you have for keeping whales and dolphins in captivity? These are sentient beings that are highly sophisticated and have complex family structures. They range multiple miles in a day, they hunt, they play in the open ocean. Yet we have ... two or three in tanks. Exhibits don't resemble their natural habitat. They have no rocks. They get fed dead fish. They don't even get to hunt. You are taking away their basic instincts. And it's all for human entertainment.

Is there a need to keep them in captivity in some cases? If it was a true

rescue. To me it (would be) bringing the animal in, rehabilitating it, and re-releasing it into the environment. If it can't (be re-released), why can't we move to a sanctuary model in the ocean where they feel the natural rhythms of the tide, the water, what it feels like to be in the ocean? Study them in their natural habitat.

People often compare places like MarineLand with aquariums. Do you think there are differences or are they equally harmful? They are both exploiting animals for human entertainment. We need to look at alternative ways to learn about these animals. You can learn more by watching a documentary or go on whale-watching tours and see these majestic animals in their natural environments.

WE ASKED:
SHOULD WHALES & DOLPHINS EVER BE KEPT IN CAPTIVITY?



Dr. John Nightingale is a biologist and the president and CEO of the Vancouver Aquarium, which describes itself as a non-profit conservation organization deeply committed to conserving aquatic life.

Why is there a need for cetaceans in captivity? The Arctic (is) being impacted by the changing climate and other human activities at an unprecedented rate ... in a part of the world with very few scientists. (Our work) has led to groundbreaking research that bridges from the aquarium to the wild. Dr. Valeria Vergara's work in the aquarium on mother and calf contact calls, which she has currently applied with wild beluga whales in Canada's Arctic, is effective because techniques and analysis were

worked out at the aquarium first. This research may help save Canada's belugas as they are threatened by impending shipping traffic and related shipping noise.

What misconceptions do people opposed to cetaceans in captivity have? Each aquarium has a unique mandate. Vancouver Aquarium's (staff) have five decades of experience in cetacean care, research and rescue efforts. The decision on how to continue with Canada's cetacean research and rescue efforts should be left in the hands of Canada's experts and based on facts and science. By all measures — behaviour, stress and other medical tests, and general activity — beluga whales in our care are thriving.

She & Him swap notes

Music. Zoëy Deschanel and M. Ward, a.k.a. She & Him, talk tough cover songs as the duo release their new collection, *Classics*

The musical duo She & Him — that's Zoëy Deschanel and M. Ward — convened a 20-piece orchestra to make *Classics*, a collection of songs written between 1930 and 1974.

It's an eclectic list of compositions popularized by the likes of Frank Sinatra, Herb Alpert, the Righteous Brothers and Dusty Springfield. So we thought it would be fun to talk to the artists about songs that stick out in their minds for various reasons.

A song you'd like to cover but intimidates you

Ward's choice: This Is Radio Clash by the Clash. It's one of his favourite bands, but he doesn't think it's in his vocal range. "There is a certain attitude to their music, and to the Ramones' music, that I think is untouchable," he said.

Deschanel's choice: Paris 1919 by John Cale. "I don't think I could pull it off," she said.

A song from the last 20 years or so that will someday been seen as a classic

Deschanel's choice: Open up Your Door by Richard Hawley. She also loves Hawley's *Tonight the Streets Are Ours*. "I'm a huge fan," she said.

Ward's choice: Kool Thing by Sonic Youth. He's moved by the guitar and contribution from Public Enemy's Chuck D. "The future of music is combining things that don't



Zoëy Deschanel, left, and M. Ward from She & Him. AUTUMN DEWILDE/THE FUN STAR/THE ASSOCIATED PRESS



really belong together," he said. "That's what the best artists have been doing since time began."

A song that's been unfairly trapped in its time

Ward's choice: Lovers Rock by Sade. "The record is pretty timeless, and I think she gets put in a bubble of '80s music because of *Smooth Operator*," he said.

Deschanel's choice: I Like It by DeBarge. "The song is

really well written and versatile. I think it would actually make a great country song," she said. Honorable mention is Mariah Carey's *All I Want for Christmas Is You*. "I would really like to hear it without those keyboards."

The hardest song you've ever had to sing

Deschanel's choice: Sleigh Ride, written by Leroy Anderson. (The Andrews Sisters recorded the first vocal version in 1950.) "It seems like it would be simple, but it changes keys twice in the bridge so it's quite difficult," she said. "In spite of its trickiness it's worth it because it's a fantastic song."

Ward's choice: The Red and the Black by Blue Oyster Cult. He still has nightmares about the time Mike Watt invited him onstage to cover it, and it turned out to be much

faster than he remembered.

Favourite song to do from the new album, *Classics*

Ward's choice: Oh No, Not My Baby, written by Gerry Goffin and Carole King. "It's my favourite blend of strings and brass that I've ever produced," he said. "It reminds me of some of my favourite productions by George Martin or Phil Spector — producers whose music I could listen to forever."

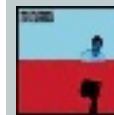
Deschanel's choice: Unchained Melody, written by Alex North and Hy Zaret. Recording vocals with the Chapin Sisters made it a treat. "We recorded it live with three microphones in the same room and did only one take," she said. "There's something very special about not just recording a song, but a single moment in time as well." **THE ASSOCIATED PRESS**

Listen to this



SOUND CHECK
Alan Cross
scene@metronews.ca

Do the Damage/ Noel Gallagher's High Flying Birds



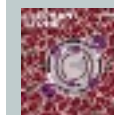
The elder Gallagher's next album won't be out until March, but we've already been granted a second look at what it might sound like. If *Do the Damage* is any indication of what's coming, all should be well.

Around Again/ Phil Selway



Radiohead has just started recording their new album. Meanwhile, though, their drummer is trying to do a Dave Grohl — and damn if this isn't some fine stuff. The video is very, very pretty, too.

Knock You from Yr Mountain/ Elephant Stone



This Montreal band is now up to their third album and I've enjoyed every one. Please let The Three Poisons be their breakthrough.

Prolific producer David Foster ramping up repertoire at 65

David Foster recently celebrated his 65th birthday and — given that the Victoria-reared producer-to-the-stars has more connections than a discount transcontinental flight — it's tempting to imagine the guest list at his party.

But imagining is all we can do, given that the 16-time Grammy winner wouldn't bite on a recent invitation for name-dropping.

"No," he replied when asked to reveal a few of the names on hand for his celebration. A twinkle in his eye, he then added: "But if you can think it, they

were there. How's that?"

And having reached the age that many begin seriously pondering retirement, Foster is instead focused on further expanding his resumé into every conceivable corner of the entertainment industry.

Now the chairman of Verve Music Group, Foster is juggling an ambitious slate of music, television, film and stage projects, including but not limited to: a just-released Starbucks compilation of Foster's most memorable Christmas productions, from the likes of Michael Bublé, Celine Dion and Mary J.

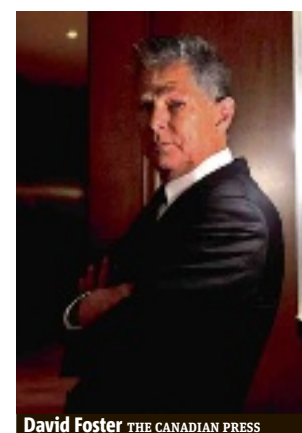
Blige; a third installment in his Emmy-winning *Hit Man* PBS specials to be taped in February, based not on his own music, but music he loves; and, perhaps most improbably, a Broadway musical based on voluptuous cartoon pin-up Betty Boop for which Foster has written 25 songs.

That is, of course, not all. Foster is best-known for writing or producing such titanic smashes as Toni Braxton's *Un-Break My Heart*, Whitney Houston's *I Will Always Love You*, Celine Dion's *Because You Loved Me* and *The Prayer* and

the immortal theme from *St. Elmo's Fire*, but he's seemingly eyeing a new generation of pop stars. Consider, for instance, a recent selfie capturing the silver-haired hitmaker alongside-of-the-moment pop powerhouse Ariana Grande.

"I'm working on a joint venture right now with Disney and Universal Music on a big project that has already been very successful in France," Foster said by way of explanation, saying that he was still in the planning stages but that he's already started meeting with artists.

THE CANADIAN PRESS



David Foster THE CANADIAN PRESS



John Boyega ALL PHOTOS GETTY IMAGES

Boyega's trooper uniform in new Star Wars trailer sparks a storm of racism

The first face to pop up in the new Star Wars trailer was that of British actor John Boyega, apparently donning an Imperial Stormtrooper uniform.

Granted, we know basically nothing about the plot of the new film, or what his character is doing dressed like that, but some people

already have a problem with it. Racist people, mostly.

Well, Boyega is taking the high road, if cheekily.

He posted a thank you to massive outpouring of fan support so far and, at the end, tossed in a pitch-perfect, "To whom it may concern ... Get used to it."

Tattooed fan rolls the dice that ball droid is good guy

Speaking of Star Wars, think your response to the first teaser for The Force Awakens was big? Well, time to raise your fanboy game, because this guy has everyone beat.

Barely two days after the trailer hit the Internet, 22-year-old Arizona Instagram user Jordan Breckon went out and got the new ball droid featured in the clip tattooed on his leg. Now that's dedication.

Here's hoping the robo-



Star Wars ball droid

character turns out to be important to the story.

Cuba sits tight during nightclub scuffle, then gets back to 'being all skeezy'

Oscar-winning actor Cuba Gooding Jr. was just trying to have a nice night out at NYC's Tao nightclub recently, but some young punks nearly ruined all his fun.

"Cuba was sitting at this table hitting on girls all night," a source tells the NY Daily News.

"These four rich kids, who were maybe 21 or 22, started hitting on these girls at the promoter's table

and (the girls) weren't having it."

A fight soon broke out between said promoter and the young upstarts, but Gooding "just sat there doing nothing," according to the source.

"Cuba barely reacted while girls were getting shoved around."

And when security finally had the situation under control, "he got back to being all skeezy and hitting on girls."



Cuba Gooding Jr.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Melissa Rivers tweets on her dead mom's coat tails



NED EHRBAR
Metro in Hollywood

I've got a social media etiquette quandary for you: What's the policy for making use of a loved one's Twitter account after they've passed away? What if that person is a hugely famous comedy pioneer?

Fans of Joan Rivers got quite a shock over the U.S. holiday weekend when the comedienne starting tweet-

ing again, three months after she passed away. It turns out it was just her daughter, Melissa Rivers, taking over the account.

Since then, Melissa has been posting mostly about trips to the theatre with her son, Cooper, and the same tweets have been duplicating to her own account.

But here's the thing: Joan's Twitter account has 2.2 million followers, while Melissa's has just 231,000.

She does know you can change the display name, right? And the photo? It won't even affect the follower count, if that's what she's worried about. You don't have to make it look like Joan Rivers is tweeting from beyond the grave.



Amanda Bynes

Amanda Bynes' parents are Uber protective of her

This maybe isn't exactly the kind of celebrity endorsement the folks behind Uber were thinking of, but hey, you take what you can get.

Amanda Bynes' parents have reportedly started using the app as a compromise to both let their troubled daughter do her own thing but still keep tabs on her.

"Amanda's mom, Lynn, set up the Uber car service

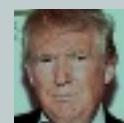
on her daughter's cell-phone," a source tells Radar Online.

"Uber can take Amanda anywhere she needs to go and it's paid for out of Amanda's estate, since her mom has conservatorship.

"This allows Amanda to have independence. But at the same time, her parents can track where she goes."

Man, wait until they find out about Find My iPhone.

Twitter



@realDonaldTrump

Bill Cosby is foolish, stupid, or getting bad advice in remaining silent if he is innocent. Probably guilty! Not a fan.



@JuddApatow

The cast and crew of the Cosby Show has been silent. They must be stunned. Or not stunned at all.



@iamrashidajones

No new ep of Serial until Thursday??? Ahh, I'm gonna murder someone! And then they can follow me in Season 2!! Kidding obvi luvubye

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Mental wellness.

Social media can run havoc on our self-worth. Is it possible to have a healthy online experience?

BEE
QUAMMIE
life@metronews.ca

Jessica Johnson, 29, had a love-hate relationship with social media — she loved connecting with people but often ended up feeling bad about her own life.

“Selfies are fun until you start over analyzing your looks,” she says.

“Facebook is fun until you see amazing things happening for friends that aren’t happening for you. It’s easy to measure yourself based on Instagram likes and Twitter followers, too.

“When you really think about it, it doesn’t make sense. But in the moment, it really affects you.”

Johnson is among roughly 73 per cent of adults online who use a social-networking site of some kind, according to Pew Research Centre’s 2013 Social Media Update Project.

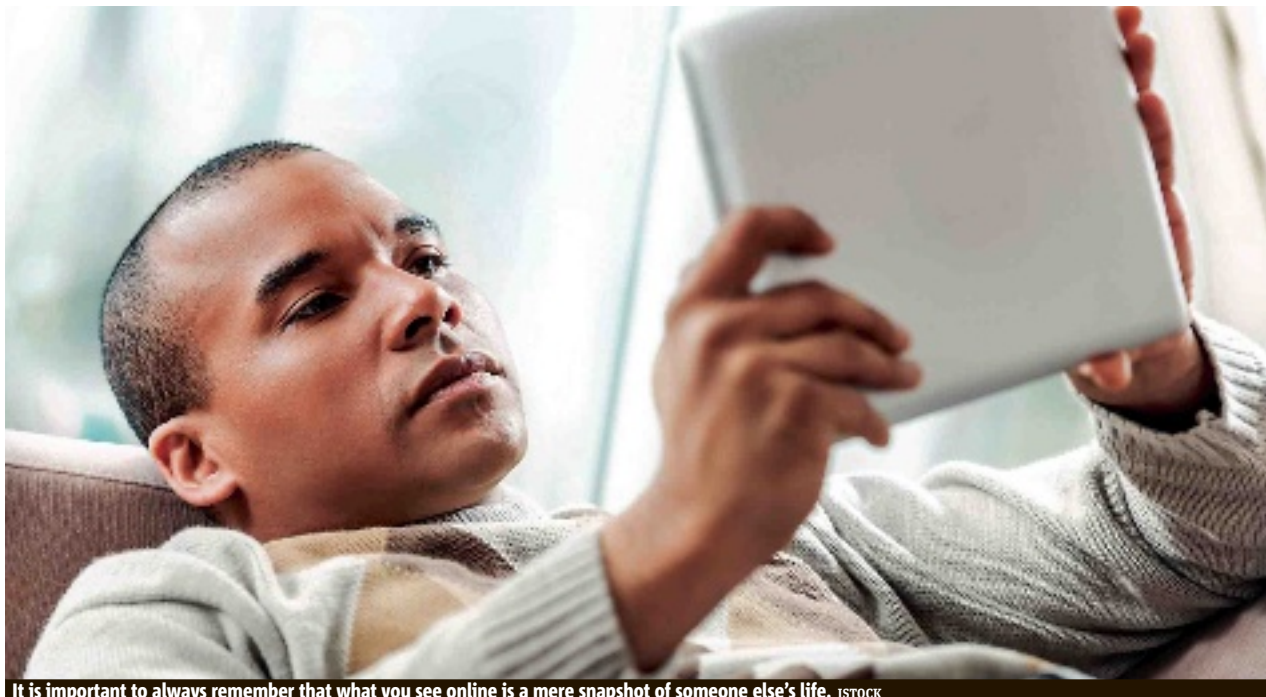
And while these sites have become ingrained in our society, their effects on emotional wellness are often overlooked.

According to a range of studies, the negatives can outweigh the positives.

Sweden’s University of Gothenburg examined the link between Facebook usage and self-esteem, and their findings revealed strong negative correlations between the two.

As participants’ Facebook interactions increased, their self-esteem decreased.

A study at Western Illinois University, meanwhile, ad-



It is important to always remember that what you see online is a mere snapshot of someone else’s life. ISTOCK

ressed the connection between social media and narcissistic behaviours. Study results confirmed that Facebook provides the perfect environment for narcissists, who have “a pervasive pattern of grandiosity, need for admiration and an exaggerated sense of self-importance.”

“What people choose to present about their lives online — or anywhere, really — is not the full picture of their existence,” say clinical therapists Corrine Carter and Melissa Kroonenberg of New Roots Therapy in Whitby, Ont.

“Thus, when we compare ourselves to others’ lives online, we end up comparing the full scope of our experience with only a segment of theirs.”

Carter and Kroonenberg, who often deal with clients who are experiencing emotional issues due to social media problems, also urge people to

connect with the deeper meanings behind their reactions on social media.

They say investigating why social media makes you feel the way it does can reveal a lot about your emotional well-being.

“If you can connect with the underlying meaning of the situation, you can use that to take action and move toward what’s important to you, rather than focusing on the self-judgment itself, which diminishes your worth,” add Carter and Kroonenberg.

Johnson says it took her time to balance her emotional health with being an avid social media user.

“I started getting motivated by others’ good news on Facebook instead of being jealous. It feels great to have accomplishments of my own to share. And when it really gets to be too much, I take a break

Healthy Likes

Therapists at New Roots Therapy in Whitby, Ont., offer tips for maintaining healthy social media intake.

- **Don’t compare.** Even if we could compare ourselves to the full picture of someone else’s life, the comparison leads to a sense that our self-worth is conditional, and is tied to external factors. This leaves us with less control over our own experience.
- **Motive.** Ask yourself, “What do I want to get out of using social media?” By getting clear on your goals, you’ll be better able to determine when social media exposure may be impacting your stress levels and self-esteem.
- **Breaks.** Make a point of taking breaks from the world of social media in order to connect with your immediate surroundings.

altogether.

“Social media really shouldn’t affect your self-

esteem as much as it does. But if it’s going to, I want it to be in a positive way.”



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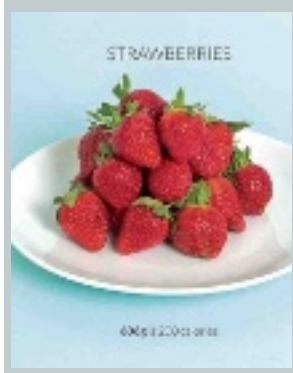
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Counting calories is tricky. This photo guide will help you spot 200 calories, a good serving size, at a glance across a common assortment of fruits, vegetables, sweets and meats.



Recent 'Duh!' moments in science

Didn't we know that? These recent discoveries are kind of stating the obvious

EVA KIS
Metro In New York City

Scientists do vital work but sometimes, it seems like they could stand to step outside of the lab and look around.

Your preference for alcohol depends on how it tastes

Genetically determined taste perceptions could lead some people to become teetotalers and others to become alcoholics, according to a new study.

John E. Hayes and colleagues at Pennsylvania State University studied the genetics of 93 adults, looking in particular for so-called bitter-receptor genes, which are responsible for people's sensitivity to bitter tastes. The researchers asked participants to taste and rate alcohol samples in a laboratory.

Humans have about 25 different bitter-taste recep-

tor genes; they studied two: TAS2R13 and TAS2R38. Both of these have been linked in previous studies to a tendency to drink when the gene is "turned off" and not to drink when it is turned on, Hayes said. "The bitterness they perceived was influenced by which gene they had, and it was exactly the same direction as we would have expected from the previous work on alcohol intake."

People with the bitterness variant of the TAS2R38 gene drank half as often as those without it.

Time is necessary to eat well

People who spend more time preparing and cooking meals are more likely to have healthier diets, says a new study, while those who spent the least time on food preparation also spent the most money on food away from home and were more likely to eat at fast food restaurants.

"We've known for a long time that cooking and being able to prepare your own food is associated with eating a healthier diet ... but there actually isn't much research in the area," Pablo Monsivais said.

Monsivais and his team,



People who spend more time cooking seem to be more likely to consume fruits and vegetables. ISTOCK

from the Centre for Diet and Activity Research at the University of Cambridge, used survey information from 1,319 participants in the Seattle Obesity Study, conducted from 2008 to

2009.

People who spent the most time cooking meals consumed at least eight servings of fruit and 13 servings of vegetables per week, the authors found.

Those who spent the least amount of time preparing meals ate on average six servings of fruit and just under 11 servings of vegetables per week.

You're more likely to try again if you feel responsible for failing

If at first you don't succeed, and you think you can control the outcome, you're more likely to persist, suggests a new study.

Using brain scans, researchers found different brain areas activated in response to a setback if the failure was perceived as something under the person's control versus a random or uncontrollable cause, and blaming oneself led to greater persistence.

What distinguished this study from similar research since the 1970s is the discovery that different areas of the brain respond to a setback depending on where blame seems to lie. That result suggests that a sense of control or lack of it leads to calculations about whether to try again through two different types of thought processes, the researchers concluded.

Binge drinking. A chemical compound may preserve your brain cells

You can't take back those drunken phone calls or erase your friends' memory of what you might have said, but a chemical compound could preserve your brain cells during a night out.

Binge drinking, defined by the National Institutes of Health as drinking five or more

drinks at a time for men and four or more for women, is well known to be potentially damaging.

"One of the things that alcohol does is to destroy some of the brain cells which are important for navigation and orientation," says Mike Page, a professor at the University of

Huddersfield in England. "But a combination of alcohol and our compound could overcome this damage."

The key ingredient in the compound is ethane-beta-sultam, which reduced alcohol impairment when it was tested on rats that fed a binge-drinking regimen.

During a binge-drinking episode, the brain protects itself by producing glial cells, says Page.

"But a combination of our ethane-beta-sultam given at the same time as the alcohol decreased these levels of glial cells," he explains.

It's taken Page and his team 10 years to concoct the

medicine, one of the biggest obstacles being how to get the drugs to penetrate the brain's natural defense mechanism: the blood-brain barrier.

This compound enters the bloodstream before it activates, making it more effective, says Page. He says the medicine has opened doors to new options

for treating Alzheimer's and other neurological diseases that can be slow to respond to drugs — because of the challenge of drugs crossing the blood-brain barrier.

The study was published in the *Journal of Alcoholism & Drug Dependence*.

AFP

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To be sure this product is suitable for you, always read and follow the label.

Even a simple marinade elevates chicken

One Step Marinated Chicken Breasts. Here is a way to ensure this often-dry piece of meat remains juicy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Does antibiotic-free, dipped in breading, deep-fried, sandwiched in 100 or so calories of white sugar, white flour bread and spread with 50 or so calories of mayo beat plain old Canadian chicken?

Fast food needs to be a sometimes solution and deep-fried has gotta go.

The more often you choose single, recognizable ingredients the better off you are. It is that simple.

It is true that antibiotics are used as approved by Health Canada and the Canadian Food Inspection Agency.

Chicks are weaned off feed containing antibiotics to be sure that there are no residues by the time they hit the store shelves.

Organic chickens are fed organic feed without antibiotics unless there is an illness and then those chickens are separated from the group.

Unless and until we are all raising our own poultry or have access to a farmer who does, you have to choose the best you can in each eating

Ingredients

- 4 chicken breasts
- 2 tbsp grapeseed oil
- 1 tbsp Za'atar spice mix
- 1 tsp garlic powder
- 1 lemon, divided into 2
- Pinch sea salt



This recipe serves four. THERESA ALBERT

situation.

Whatever chicken you buy, keep these tips in mind:

- Buy a whole chicken to get the best price per pound (cutting into pieces incurs labour).

- Save time and money by purchasing a whole chicken, cut it up and prep the pieces into easy dishes and then freeze or refrigerate until ready to cook.

- You'll find more fat and calories in legs, but also more iron.

- Bones and fat add flavour; buying cuts without them adds cost.

- Chicken cooked with the skin on stays more moist

and isn't higher in calories. You still have to toss the skin but use it during cooking to keep your chicken moist.

There's a reason chicken is the No. 1 protein in Canada: it's affordable, loaded with protein, and delicious no matter what cuisine you are into at the moment.

One Step Marinated Chicken Breasts

1. Place 4 breasts in freezer bag and add marinade of

your choice (Za'atar spice mix and lemon is one suggestion), reserving 1/2 lemon. Freeze. Thaw before continuing.

2. Empty into a baking dish and microwave for 10 minutes to partially cook and speed the process. Bake at 350 F for 25-30 minutes.

3. Squeeze 1/2 lemon over chicken and sprinkle with sea salt.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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FIND YOUR LEADING EDGE

AT ATHABASCA UNIVERSITY

What some might call a career, Jan Reischek (MBA, 2013) calls a fun ride. And it's far from over for the recipient of Athabasca University's 2014 rising star award — she is working on the leading edge of an industry, social media, which scarcely registered a decade ago.

"I really stumbled into my career," says the 33-year-old senior vice-president at ICUC.

What started with a little part-time work has evolved into overseeing a global workforce of more than 400 people and working with client heavyweights like Disney, Starbucks and Virgin.

ICUC is one of the world's largest

social media services organizations. Reischek focuses on content moderation, community management and social listening solutions for clients that, at last tally, included one out of every five Fortune 100 companies.

"If you're on (social media) and talking about a brand, we'll be listening and providing feedback to the client to help with marketing campaigns," she says.

Social media is becoming more integrated into the marketing mix, and its power is only starting to be realized, she says. The result is a dynamic career in an industry that's quickly changing, always challenging and for her, a perfect fit.

"When I was a kid, I didn't know what I wanted to do, but that's because it didn't exist yet and there wasn't any way for me to articulate it," she says. "I absolutely love what I do."

"THE PRINCIPLES WE'RE BASING OUR BUSINESS ON ARE TRADITIONAL, BUT SOCIAL MEDIA IS JUST A DIFFERENT PLACE FOR IT TO HAPPEN."

— Jan Reischek

Given her affinity for the online milieu, it's no surprise that AU is a factor in her success.

"I needed something extremely flexible to work with a 60-hour work week and a lot of travel," she says. "AU is by far one of the best experiences and best things I've ever done."

For more on how AU can help you find your own leading edge, please visit athabascau.ca/houdini.



Jan Reischek was the recipient of Athabasca University's 2014 rising star award. CONTRIBUTED



SHUTTERSTOCK

Mini MBA saves time and money

If years of study and expensive tuition are simply not an option, think small, real small.

Mini MBA programs are very popular and are available at more and more universities across the country. While there is no certification at completion, these programs teach managers enough of what they need to know to get to the next step.

"It's for managers who have come up through a functional route like sales, finance, marketing or engineering and they're moving into their first real general management position," says Hugh Evans, director of executive education

at the Haskayne School of Business at the University of Calgary.

While they might have knowledge in their specialty, they need a broader knowledge of management systems to make businesses work effectively, he says.

The business essentials program runs from October to March, with about 15 one-day sessions on Fridays covering the main elements of management practice. This schedule is effective for retention and applying what students learn when they go back to work, Evans says.

"There's pre-reading, post-reading

and activities to do, but the most significant red thread that goes through the program is the project."

Students take on a project and use it as a focal point for what they are learning and use the professors as consultants.

Many people choose this type of program to avoid the time commitment and cost of a full MBA program. However, Evans says about 10 to 15 per cent of people in the business essentials program eventually get their MBA. In terms of cost, this mini MBA program is \$8,500, where an executive MBA could run about \$60,000. — Jennifer Taplin

"We have a hunger of the mind, which asks for knowledge all around us."

› Maria Mitchell: Obsessed Observer

Can you learn anything with your head in the clouds? Just ask America's first female astronomer. Fascinated with the skies at an early age, Maria followed her passion through daily life. She worked as a librarian and a teacher's assistant, all the while still gazing at the night sky. That's how she discovered Miss Mitchell's Comet.

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Rams players Stedman Bailey, from left, Tavon Austin, Jared Cook, Chris Givens and Kenny Britt raise their arms in awareness of the events in Ferguson, Mo., prior to Sunday's game against the Raiders in St. Louis. L.G. PATTERSON/THE ASSOCIATED PRESS

Rams further divide with hands-up pose

Making a statement.

Demonstration by football players upsets police association

Five St. Louis Rams players entered the football field with their hands raised. A day later, people walked out of work or school showing the same gesture of solidarity with Ferguson protesters.

The pose has come to symbolize a movement, even though witnesses offered conflicting accounts of whether 18-year-old Michael Brown had his hands up in surrender

Pushing for change

"There has to be a change that starts with the people that are most influential around the world."

Rams tight end Jared Cook

when he was killed by Ferguson officer Darren Wilson in August.

The St. Louis Police Officers Association said the display by Rams players Tavon Austin, Kenny Britt, Stedman Bailey, Jared Cook and Chris Givens was "tasteless, offensive and inflammatory."

In Springfield, Mo., Rodney Shetler, watched the players' action from his home. He said

the move was "in pretty poor taste" and was divisive and disrespectful to law enforcement.

"It's a gesture proven by the grand jury not to be appropriate or accurate," said Shetler, the 44-year-old owner of a copying and printing business.

A similar episode unfolded more than four decades ago at the 1968 Olympics in Mexico City.

John Carlos, the American 200-metre bronze medallist, set off a political firestorm on the medal stand when he and teammate Tommie Smith gave the black power salute. He stood by the Rams players.

"If they choose to come out and raise their hands in support of whatever their emotions are, they have the right to do that," Carlos told The Associated Press. "I don't think the whole story has been told about the Michael Brown tragedy, and the pros and cons on both sides. They can just go by their emotions. I don't think anyone got injured or shot by expressing emotions."

THE ASSOCIATED PRESS

NBA

Casey named coach of the month in East

Toronto Raptors coach Dwane Casey was named NBA Eastern Conference coach of the month on Monday.

He guided the Raptors to a 13-4 record in November. Toronto posted six straight wins from Nov. 15 to 26 and reached the top spot in the conference standings for the first time in 10 years.

Casey is the first coach in team history to win the award on two occasions. He also earned the honour in December 2013.

David Joergel of the Memphis Grizzlies was named Western Conference coach of the month.

Casey joined the Raptors as head coach in June 2011.

THE CANADIAN PRESS

MLB

Adderall the main cause of positive drug tests: Report

While 113 big leaguers had exemptions in the past year to use otherwise banned substances to treat Attention Deficit Hyperactivity Disorder, Adderall caused eight of the 10 positive tests for stimulants under Major League Baseball's drug program.

A report released Monday by MLB's independent program administrator detailed the findings. Dr. Jeffrey M. Anderson's report showed that therapeutic use exemptions given to 40-man roster players to treat ADHD were down from the 119 in the year ending with the 2013 World Series.

THE ASSOCIATED PRESS

McDavid, Fucale headline world junior camp invitees



Goalie Zach Fucale is expected to anchor Team Canada in net during the world junior hockey championship. RYAN REMIORZ/THE CANADIAN PRESS

While Connor McDavid will be the star, he will likely share the 2015 world junior championship spotlight with goaltender Zach Fucale.

Fucale will not only be one of the local boys, he is also a Montreal Canadiens draft pick and will have a huge cheering section when Canada opens the tournament Dec. 26 at the Bell Centre against Slovakia.

"There's pressure everywhere, whether it's in junior or anywhere you step on the ice," the Halifax Mooseheads goalie said Monday as Hockey Canada released a list of 29

NHL roster freeze

Still unclear is whether some 19-year-olds currently playing in the NHL will be loaned to Team Canada. The clubs have until the Dec. 19 NHL roster freeze to decide.

players invited to the team selection camp that opens Dec. 11 in Toronto.

"We're living the moment and we don't really have time to think about it. We just try to get ready for the games."

Canada finds itself in a five-year gold medal drought — and two years without any medal at all. It hopes to end that by icing a team of mostly 19-year-old players, at least seven of whom are returning from last year's tournament.

All are 19 except McDavid, the 17-year-old phenom who is expected to go first overall in the NHL draft in June. The Newmarket, Ont., native broke a bone in his right hand in a fight Nov. 12, but he is expected to skate with the team in camp and be ready for the tournament. THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You can't solve a personal problem until you admit it exists. However, you will discover the solution is easy. It was there all the time but you did not let yourself see it.

♉ Taurus

April 21 - May 21

You cannot be on good terms with everyone all of the time — even a good-natured Taurus will fall out with friends and loved ones once in a while. But it's no big deal.

♊ Gemini

May 22 - June 21

You will need to be tough, maybe even ruthless, to protect your interests against those who would like to see you fail.

♋ Cancer

June 22 - July 23

You will be called upon to make a daring decision that only you can get away with. You have a wealth of good ideas but do you have the drive and the determination to do something with them?

♌ Leo

July 24 - Aug. 23

You don't have to be nice if you feel someone is trying to hustle you. The best way to protect yourself is to go on the attack!

♍ Virgo

Aug. 24 - Sept. 23

The planets urge you to focus not on the things you want but on the things you need — and yes, they are different.

♎ Libra

Sept. 24 - Oct. 23

You may be wondering if you would be better off in a different place with a different group of people. Maybe you would, but don't make any hasty decisions.

♏ Scorpio

Oct. 24 - Nov. 22

There is no point throwing yourself at something you simply don't enjoy doing. The planets indicate it may be time for a change — and a big change at that.

♐ Sagittarius

Nov. 23 - Dec. 21

You may have good reason to be annoyed with a certain individual but is it worth the effort and the anguish? Probably not.

♑ Capricorn

Dec. 22 - Jan. 20

The task you have set yourself may be tough but you will find success. Nothing and no one can beat you, so long as you remember that challenge and opportunity are two sides of the same coin.

♒ Aquarius

Jan. 21 - Feb. 19

You will have to make a choice between two equally desirable things today — and, no, you cannot have both.

♓ Pisces

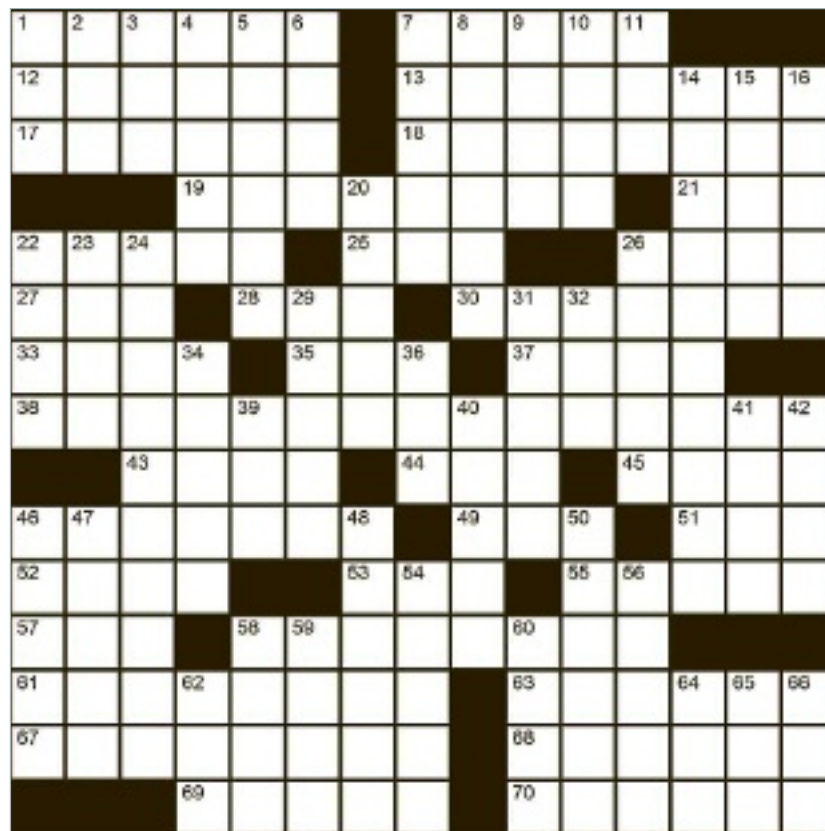
Feb. 20 - March 20

The Sun in Sagittarius has a tendency to make you fret about your career but there is no need. Whatever changes happen will be good for you.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Newfoundland dish, Fish and ___
7. Byes, in Italy
12. Like the kids in Canuck comedy "Meatballs" (1979): 2 wds.
13. Dolores ___ (Teacher at Hogwarts)
17. Establishment for pampering Fido: 2 wds.
18. The four largest satellites of Jupiter
19. ___ Playhouse (Theatre in Winnipeg since 1914)
21. "To ___ is human."
22. Female fortune-teller of ancient times
25. French season
26. High hairstyle
27. Restaurant chain, ___ Friday's
28. 'A' in ETA, briefly
30. Make the knife more cut-worthy
33. Golden gymnast Ms. Korbut
35. Hesitant sounds
37. Vase's handle
38. Planned attention-getting events: 2 wds.
43. Fats Domino hit: "___ That a Shame"
44. Ms. Benatar
45. Indisputable
46. Type of sleeveless shirt: 2 wds.
49. Calgary International Airport code
51. New Zealand parrot



52. Needs manners
53. Kanga creator's monogram
55. Moulding styles
57. Pique
58. Pattie __, Justin Bieber's mom
61. Theatre Passe __ in Toronto

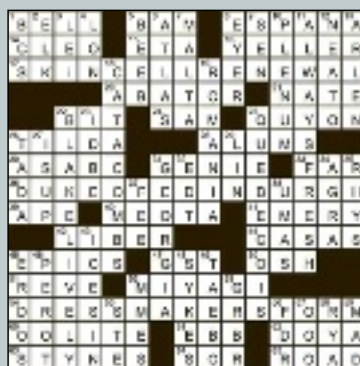
63. Gain
67. Contagious disease in early Canadian history
68. CTV crime drama
69. City in Iraq
70. Noisily napped

- Down
1. Cartoon punch
2. Traveller's li'l way
3. 'Outer'-meaning prefix
4. Like a nest-living stinging bug
5. Antelope of Africa
6. Traverse
7. Bandleader Xavier

8. Pictures
9. Fit
10. "...___ it Memorex?"
11. ___ vous plait (Please, in French)
14. Natural gas project off Nova Scotia's coast: 2 wds.

15. Avant-___
16. Company in 2001 headlines
20. Country songstress Ms. Clark
22. Halt
23. 'Snow house' in Inuktitut
24. 1930s and 1940s in music history: 3 wds.
26. Bear, in Latin
29. Right-hand page
31. Impulsive
32. Emmet
34. Comparable
36. "Vaseline" rock gr.
39. Percentage on a chg. card
40. "I've succeeded!": 2 wds.
41. Squirrel's spot
42. Tasman and Sargasso
46. Clips
47. Gold, in Latin
48. Paleness
50. T-Shirt material
54. Singer/pianist, ___ Ray Joel
56. Spanky & Our Gang's "Like to ___ Know You"
58. Ben Mulroney's mom
59. Swiss peaks
60. Highland hats
62. Western prov.
64. Televisé
65. 'Impress' suffix
66. "The Simpsons" character Mr. Flanders

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	5	9	6	7	3	8	2	1
8	3	2	1	9	5	6	4	7
7	6	1	8	2	4	5	9	3
6	2	3	5	8	9	1	7	4
5	8	4	2	1	7	3	6	9
9	1	7	3	4	6	2	5	8
1	9	8	7	5	2	4	3	6
3	4	5	9	6	8	7	1	2
2	7	6	4	3	1	9	8	5

			9	1	4			
		9				6		
	5			3			2	
4								9
2		6	1	8	5	7		3
5								2
	6			5			3	
		2				4		
			8	7	6			

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<p>\$74** weekly</p> <p>\$14,850</p> <p>2011 ALTIMA SPECIAL ED #136846 loaded, ch, auto, wgs, 35,045km</p>	<p>\$63** bi-weekly</p> <p>\$12,650</p> <p>2011 COROLLA #136889 ch, auto, 99,688km</p>	<p>\$94** weekly</p> <p>\$18,940</p> <p>2012 ACCORD EX #136884 loaded, ch, auto, wgs, 56,838km</p>	<p>\$62** weekly</p> <p>\$12,430</p> <p>2012 ACCENT GL #136890 loaded, ch, auto, 42,944km</p>	<p>\$53** weekly</p> <p>\$10,630</p> <p>2012 ELANTRA GLS #136845 loaded, ch, auto, 88,180km</p>	<p>\$84** weekly</p> <p>\$15,290</p> <p>2010 BENZ B200 #136904 loaded, ch, auto, wgs, 64,088km</p>
<p>\$79** weekly</p> <p>\$15,880</p> <p>2012 PASSAT S #136893 loaded, ch, auto, 48,892km</p>	<p>\$58*** bi-weekly</p> <p>\$13,750</p> <p>2013 LANCER ES #136882 loaded, ch, auto, wgs, 29,127km</p>	<p>\$58*** weekly</p> <p>\$13,650</p> <p>2013 SONATA GLS #136889 loaded, ch, auto, wgs, 58,126km</p>	<p>\$63** weekly</p> <p>\$12,630</p> <p>2010 CAMRY LE #136848 loaded, ch, auto, wgs, 88,223km</p>	<p>\$54** weekly</p> <p>\$10,820</p> <p>2011 MAZDA 2 #136840 loaded, ch, auto, 43,035km</p>	<p>\$81**** weekly</p> <p>\$21,740</p> <p>2014 CAMRY LE #136895 loaded, ch, auto, wgs, 38,190km</p>

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